

Course Syllabus

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KIN1000: Fitness Through Movement

Term: Spring 2024

Dates: 01/08 - 05/03

Modality: Fully Online

Credit Hours: 2

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

FOUNDATIONAL EXPLORATIONS MISSION

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

INSTRUCTOR CONTACT INFORMATION

Instructor: Ann Davis

Phone: 619-889-7738

Email: andavis@pointloma.edu (<mailto:andavis@pointloma.edu>)



Office hours: By appointment

Final Exam: TBA

COURSE DESCRIPTION

The purpose of general education is to provide a common educational experience, to develop essential skills, and to provide a broad cultural background for personal and professional growth. The general education curriculum is listed under a four-fold division. This structure provides continuity with the Wesleyan approach to knowledge by emphasizing the human response as foundational to the developing, exploring, and seeking aspects of education. The divisions, although not mutually exclusive or all-encompassing, organize similar themes relevant to faith and learning. Each complements the others, and, in each, conscious efforts are made to reveal connections, develop perspectives, and build synthetic thinking skills. These divisions are: Responding to the Sacred, Developing Cognitive Skills, Exploring an Interdependent World, and Seeking Cultural Perspectives.

INSTITUTIONAL LEARNING OUTCOMES (ILO)

1. **Learning, Informed by our Faith in Christ**

Students will acquire knowledge of human cultures and the physical and natural world while developing skills and habits of the mind that foster lifelong learning.

2. **Growing, In a Christ-Centered Faith Community**

Students will develop a deeper and more informed understanding of others as they negotiate complex professional, environmental and social contexts.

3. **Serving, In a Context of Christian Faith**

Students will serve locally and/or globally in vocational and social settings.

FOUNDATIONAL EXPLORATIONS LEARNING OUTCOME (FELO)

1. Students will develop an understanding of self that fosters personal well-being.

COURSE LEARNING OUTCOMES (CLO)

After completing this course students will be able to:

1. Assess current personal lifestyle and develop a plan for lifelong wellness. (FELO 1)
2. Explain how physical fitness health-related components contribute to health and wellness. (FELO 1)
3. Identify the benefits and risks of exercise.
4. Demonstrate fitness techniques to assess personal fitness state.
5. Perform physical fitness techniques individually or in a team to improve physical fitness levels (FELO 1)
6. Explain how nutrition relates to health and wellness by describing healthy nutritional habits and analyzing eating habits.
7. Design and demonstrate a personal nutrition program based on predetermined course criteria. (FELO 1)



CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2 unit class delivered over 5 weeks. It is anticipated that students will spend a minimum of 37.5 participation hours per credit hour on their coursework. For this course, students will spend an estimated 79 total hours meeting the course learning outcomes. The time estimations are provided in the Canvas modules.

Time Estimates

Assignment Type	Total Time-to-Complete
Readings	20 hours
Required Course Surveys and Items	2 hours
Video Lectures and Quizzes	5 hours
Chapter Quizzes	4 hours
Assessments	10 hours
Discussions	28 hours
Activity Logs	10 hours

REQUIRED TEXT & RESOURCES

Required Text

- Get Fit, Stay Fit, 7th edition by William Prentice

Required Resource

- [My Fitness Pal](https://www.myfitnesspal.com/)  (https://www.myfitnesspal.com/) personal account

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

ASSESSMENT AND GRADING

There are 336 total points available in this course. Points are distributed among assignment groups as follows:

- Required Course Surveys and Items (16 pt. total)
- Video Lectures and Quizzes (35 pt. total)
- Chapter Quizzes (100 pt. total)
- Assessments (90 pt. total)



- Discussions (70 pt. total)
- Activity Logs (25 pt. total)

Grade Scale (Percentage)

A 93-100%	C+ 76-79%
A- 90-92%	C 73-75%
B+ 87-89%	C- 70-72%
B 83-86%	D 60-69%
B- 80-82%	F Below 59%

LEARNING MODULES

Module 1: Getting Fit and Healthy Lifestyles

Module 2: Starting a Fitness Program

Module 3: Improving and Increasing Strength and Flexibility

Module 4: Performing Better Through Nutrition Quality and Fitness

Module 5: Living Life-Long Wellness

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the **Class Schedules**

(<http://www.pointloma.edu/experience/academics/class-schedules>)_ site. No requests for early examinations or alternative days will be approved.

LATE ASSIGNMENTS

All assignments are to be submitted via Canvas by the end of the day no later than 11:59 pm (PT) on which they are due in order to receive credit. Late assignments will only be accepted if the student reaches out to the professor and proper conversations occur.

PLNU ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts



one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See **Academic Policies** (https://catalog.pointloma.edu/content.php?catoid=41&navoid=2435#Academic_Honesty) for definitions of kinds of academic dishonesty and further policy information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive an "F" grade.

COURSE MODALITY DEFINITIONS

1. **In-Person:** Course meetings are face-to-face with no more than 25% online delivery.
2. **Online:** Coursework is completed 100% online and asynchronously.
3. **Online Synchronous:** Coursework is completed 100% online with required weekly online class meetings.
4. **Hybrid:** Courses that meet face-to-face with required online components.

In some courses, a portion of the credit hour content will be delivered asynchronously, and attendance will be determined by submitting the assignments by the posted due dates.

ONLINE ASYNCHRONOUS CLASS ATTENDANCE

Students taking online courses with no specific scheduled meeting times are expected to actively engage throughout each week of the course. Attendance is defined as participating in an academic activity within the online classroom which includes, but is not limited to:

- Engaging in an online discussion
- Submitting an assignment
- Taking an exam
- Participating in online labs
- Initiating contact with a faculty member within the learning management system to discuss course content.

Note: Logging into the course does not qualify as participation and will not be counted as meeting the attendance requirement.

Students who anticipate being absent for an entire week of a course should contact the instructor in advance for approval and make arrangements to complete the required coursework and/or alternative assignments.



assigned at the discretion of the instructor. Acceptance of late work is at the discretion of the instructor and does not waive attendance requirements.

Students may be warned if they demonstrate a lack of academic activity. After a warning, students who miss more than one week of academic activity without prior approval and arrangements with the instructor may be de-enrolled or withdrawn from a course. If the date of de-enrollment is past the last date to withdraw from a course, the student will be assigned a letter grade of "F" or "NC." There are no refunds for courses where a de-enrollment was processed after the last date to withdraw from a course.

PLNU COPYRIGHT POLICY

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USE OF TECHNOLOGY

In order to be successful in the online environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349) (<https://help.pointloma.edu/TDClient/1808/Portal/KB/ArticleDet?ID=108349>) information. Additionally, students are required to have headphone speakers compatible with their computers available to use. If a student needs technological resources please contact student-tech-request@pointloma.edu (<mailto:student-tech-request@pointloma.edu>).

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

ARTIFICIAL INTELLIGENCE (AI) POLICY

Use of Artificial Intelligence (AI) tools (e.g., ChatGPT, iA Writer, Marmot, Botowski) is not permitted, and the use of these tools will be treated as plagiarism.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu (<mailto:EAC@pointloma.edu>) or 619-849-2486). Once a student's eligibility for accommodation has been determined, the EAC will iss



academic accommodation plan (“AP”) to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to ensure appropriate accommodations can be provided. It is the student’s responsibility to make the first contact with the EAC.

SPIRITUAL CARE

Please be aware that PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain, or have prayer requests you can contact the **Office of Spiritual Development** (<https://www.pointloma.edu/offices/spiritual-development>).

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the **Title IX Office** (<https://www.pointloma.edu/title-ix>). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.


If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu (<mailto:counselingservices@pointloma.edu>) or find a list of campus pastors at the **Title IX Office | Get Help Now** (<https://www.pointloma.edu/title-ix/get-help-now>).

LANGUAGE AND BELONGING

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars, we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice-free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as ag



disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5)  (https://cm.maxient.com/reportingform.php?PointLoma&layout_id=5).






STATE AUTHORIZATION














State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization \(https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures\)](https://www.pointloma.edu/offices/office-institutional-effectiveness-research/disclosures) to view which states allow online (distance education) outside of California.

ASSIGNMENTS AT-A-GLANCE
















The table below lists our assignments and due dates. Click on any assignment to review it.














Course Summary:

Date	Details	Due
Mon Jan 8, 2024	 Academic Honesty Verification Statement https://canvas.pointloma.edu/courses/71736/assignments/977774	due by 11:59pm
	 Week 1 Overview	to do: 11:59pm
Wed Jan 10, 2024	 Week 1 Discussion: Class Introductions https://canvas.pointloma.edu/courses/71736/assignments/977793	due by 11:59pm
Sun Jan 14, 2024	 Week 1 Exercise Consent/Health History Form	due by 















Date	Details	Due
	(https://canvas.pointloma.edu/courses/71736/assignments/977806)	
Tue Jan 16, 2024	 Week 2 Overview	to do: 11:59pm
Wed Jan 17, 2024	 Week 2 Discussion: Quarantine Fitness (https://canvas.pointloma.edu/courses/71736/assignments/977794)	due by 11:59pm
Sun Jan 21, 2024	 Week 2 Karvonen Formula (https://canvas.pointloma.edu/courses/71736/assignments/977808)	due by 11:59pm
Mon Jan 22, 2024	 Week 3 Overview	to do: 11:59pm
Wed Jan 24, 2024	 Fitness Assessment (pre-testing) (https://canvas.pointloma.edu/courses/71736/assignments/977799)	due by 11:59pm
	 Week 3 Discussion: Setting a Personal Goal (https://canvas.pointloma.edu/courses/71736/assignments/977784)	due by 11:59pm
Fri Jan 26, 2024	 Week 3 Chapter One (https://canvas.pointloma.edu/courses/71736/assignments/977766)	due by 11:59pm
Sun Jan 28, 2024	 Week 3 Fitness Assessment (pre-testing) Survey (https://canvas.pointloma.edu/courses/71736/assignments/977782)	due by 11:59pm
	 WK 3 Activity Log #1 (https://canvas.pointloma.edu/courses/71736/assignments/977803)	due by 11:59pm
Mon Jan 29, 2024	 Week 4 Overview	to do: 11:59pm
Wed Jan 31, 2024	 Week 4 Discussion: Getting Fit and Healthy Lifestyles (https://canvas.pointloma.edu/courses/71736/assignments/977783)	due by 11:59pm
	 Week 4 Chapter Two (https://canvas.pointloma.edu/courses/71736/assignments/977776)	due by 11:59pm
Fri Feb 2, 2024	 Week 4 Video Lecture and Quiz: Weight Stigma Video and Quiz (https://canvas.pointloma.edu/courses/71736/assignments/977772)	due by 11:59pm






Date	Details	Due
Mon Feb 5, 2024	 Week 5 Overview	to do: 11:59pm
Wed Feb 7, 2024	 Week 5 Discussion: Setting a Personal Goal 2 (https://canvas.pointloma.edu/courses/71736/assignments/977786)	due by 11:59pm
Fri Feb 9, 2024	 Week 5 Chapter Three (https://canvas.pointloma.edu/courses/71736/assignments/977769)	due by 11:59pm
Sun Feb 11, 2024	 Week 5 Video Lecture and Quiz: Different Modes of Training (https://canvas.pointloma.edu/courses/71736/assignments/977765)	due by 11:59pm
Mon Feb 12, 2024	 Week 6 Overview	to do: 11:59pm
Wed Feb 14, 2024	 Week 6 Discussion: Warm-up Routines (https://canvas.pointloma.edu/courses/71736/assignments/977785)	due by 11:59pm
Fri Feb 16, 2024	 Week 6 Chapter Seven (https://canvas.pointloma.edu/courses/71736/assignments/977767)	due by 11:59pm
Sun Feb 18, 2024	 Week 6 Video Lecture and Quiz: Nutrition and Sustainability (https://canvas.pointloma.edu/courses/71736/assignments/977771)	due by 11:59pm
Mon Feb 19, 2024	 WK 6 Activity Log #2 (https://canvas.pointloma.edu/courses/71736/assignments/977804)	due by 11:59pm
Mon Feb 19, 2024	 Week 7 Overview	to do: 11:59pm
Wed Feb 21, 2024	 Week 7 Discussion: Setting a Personal Goal 3 (https://canvas.pointloma.edu/courses/71736/assignments/977788)	due by 11:59pm
Fri Feb 23, 2024	 Week 7 Chapter Eight (https://canvas.pointloma.edu/courses/71736/assignments/977775)	due by 11:59pm
Sun Feb 25, 2024	 Week 7 Video Lecture and Quiz: Eating at the Caf (https://canvas.pointloma.edu/courses/71736/assignments/977781)	due by 11:59pm
Mon Feb 26, 2024	 Week 8 Overview	to do: 

Date	Details	Due
Wed Feb 28, 2024	 Week 8 Discussion: Improving and Increasing Strength and Flexibility (https://canvas.pointloma.edu/courses/71736/assignments/977787)	due by 11:59pm
Mon Mar 11, 2024	 Week 9 Overview	to do: 11:59pm
Wed Mar 13, 2024	 Week 9 Discussion: Diversity in Fitness (https://canvas.pointloma.edu/courses/71736/assignments/977795)	due by 11:59pm
Sun Mar 17, 2024	 Week 9 Nutrition Analysis (https://canvas.pointloma.edu/courses/71736/assignments/977809)	due by 11:59pm
Mon Mar 18, 2024	 WK 9 Activity Log #3 (https://canvas.pointloma.edu/courses/71736/assignments/977805)	due by 11:59pm
Mon Mar 18, 2024	 Week 10 Overview	to do: 11:59pm
Wed Mar 20, 2024	 Week 10 Discussion: Performing Better Through Nutrition Quality and Fitness (https://canvas.pointloma.edu/courses/71736/assignments/977789)	due by 11:59pm
Fri Mar 22, 2024	 Week 10 Chapter Four (https://canvas.pointloma.edu/courses/71736/assignments/977773)	due by 11:59pm
Sun Mar 24, 2024	 Week 10 Video Lecture and Quiz: Eating Disorders (https://canvas.pointloma.edu/courses/71736/assignments/977780)	due by 11:59pm
Mon Mar 25, 2024	 Week 11 Discussion: Setting a Personal Goal 4 (https://canvas.pointloma.edu/courses/71736/assignments/977790)	due by 11:59pm
Mon Mar 25, 2024	 Week 11 Overview	to do: 11:59pm
Tue Mar 26, 2024	 Week 11 Chapter Five (https://canvas.pointloma.edu/courses/71736/assignments/977768)	due by 11:59pm
Wed Mar 27, 2024	 Week 11 Video Lecture and Quiz: Spiritual Connection (https://canvas.pointloma.edu/courses/71736/assignments/977764)	due by 11:59pm



Date	Details	Due
Mon Apr 1, 2024	 Week 12 Overview	to do: 11:59pm
Wed Apr 3, 2024	 Week 12 Discussion: Weight Loss Advertising (https://canvas.pointloma.edu/courses/71736/assignments/977796)	due by 11:59pm
Fri Apr 5, 2024	 Week 12 Chapter Six (https://canvas.pointloma.edu/courses/71736/assignments/977777)	due by 11:59pm
Sun Apr 7, 2024	 Week 12 Video Lecture and Quiz: Choosing Proper Running Shoes (https://canvas.pointloma.edu/courses/71736/assignments/977779)	due by 11:59pm
Mon Apr 8, 2024	 WK 12 Activity Log #4 (https://canvas.pointloma.edu/courses/71736/assignments/977800)	due by 11:59pm
Wed Apr 10, 2024	 Week 13 Discussion: Setting a Personal Goal 5 (https://canvas.pointloma.edu/courses/71736/assignments/977792)	due by 11:59pm
Sun Apr 14, 2024	 Week 13 Chapter Nine (https://canvas.pointloma.edu/courses/71736/assignments/977778)	due by 11:59pm
Mon Apr 15, 2024	 Week 14 Overview	to do: 11:59pm
Wed Apr 17, 2024	 Week 14 Discussion: Living Life-Long Wellness (https://canvas.pointloma.edu/courses/71736/assignments/977791)	due by 11:59pm
Fri Apr 19, 2024	 Week 14 Chapter Ten (https://canvas.pointloma.edu/courses/71736/assignments/977770)	due by 11:59pm
Sun Apr 21, 2024	 Week 14 Final Fitness Assessment (Post) (https://canvas.pointloma.edu/courses/71736/assignments/977807)	due by 11:59pm
Mon Apr 22, 2024	 Week 15 Overview	to do: 11:59pm
Sun Apr 28, 2024	 End-of-Course Evaluation (https://canvas.pointloma.edu/courses/71736/assignments/977797)	due by 

Date	Details	Due
	 <u>WK 15 Activity Log #5</u> https://canvas.pointloma.edu/courses/71736/assignments/977801	due by 11:59pm
	 <u>WK 15: Activity Log Total Minutes</u> https://canvas.pointloma.edu/courses/71736/assignments/977802	due by 11:59pm
Mon Apr 29, 2024	 <u>Wrap Up Week Overview</u>	to do: 11:59pm
Fri May 3, 2024	 <u>Wrap Up Week Wellness Survey</u> https://canvas.pointloma.edu/courses/71736/assignments/977810	due by 11:59pm
	 <u>Extra Credit</u> https://canvas.pointloma.edu/courses/71736/assignments/977798	

